Useful Hints

Woman and Home

Ethical Talks

Come Up Smiling By Antoinette Donnelly.

I know a woman who made up her mind to practice smiling. She said. "One practices swimming, deep breathing and walking, tennis, golf and other kinds of exercises. Why shouldn't i practice smiling, since it is something have not yet learned to do, and know it will do me no end of good?" Not the easiest task you'll admit, but it can be done. The champion optimist is not the one who shits her eyes to danger and difficulty and trouble, who sticks her ostrich head into the sand of indifference and re-fuses to see things that should be faced. No, she is the woman who sees things with a clear vision and faces difficulties with a fearless mind and comes up smiling.

This smiling practice is one of the hardest bits of discipline to be found. Just try it next time you are slumped with worries and troubles. You'll find it not an easy task. But if you accomplish it you have done something vastly worth while.

I do not recommend one

I do not recommend one going about with a perpetual insone and meaning-less grin. The smile which defles fate and years and wrinkles is the smile invaluable. Even if you have to fight down a scowl before you can produce a smile, you can make that smile a wonderful beauty asset. For nothing is lovelier to fook upon than a smile which breaks through the placid surface of the face at the right moment. And every smile you smile is a help to some one else. You smile one smile

and some one responds with a smile, and some one responds with a smile, and pretty soon there are miles and miles of smiles to the credit of the one who started the happy expression.

If you learn to smile through your tears, like April sanshine, you will see the bow of hope in the cloud and feel the promise of summer in every stormy wind.

Autoinette Donnelly's Answers,

Irene--There are two enuses for ingrowing unils--improper footgear and
cutting the nails wrong. If the nail
is cut too short, especially at the
angles, and at the same time the shoe
in short, the skin of the toe is forced
over the unil. With the further growth
of the nail the flesh of the toe is
pushed still further over until a point
is reached where inflammation is set when it reaches this stage there is usually exeruciating suffering. When you cut your nails cut them either square or slightly cencave. I shall be glad to send you my formula for removing corns if you will send me a stamped, addressed envelope.

on the scalp of an abundance of fine scales which becomes loose in the hair. This sometimes causes intense itching of the scalp. When the condition be of the scalp. When the condition becomes exaggerated, as it often does, the scales collect in dirty, yellowish, greasy crusts, which may be in spots of spread over most of the scalp. I have a formula for dandruff which I shall be glad to send you if you will send up a stronger. me a stamped, addressed

many forms of skin disease. I should consult a physician about it if I were you. In the meantime build up your system and keep your body in a good healthy condition, and guard against constipation.

Susie—I am sure it will not affect your voice in any way to have your tonsils taken out. On the contrary, I should think it would be clearer and sweeter and have more volume. Discussed tonsils sometimes affect the whole general health, and there is but little relief until they are removed. Why don't you talk it over with your family physician? If he does not care to do

Ettic-An olive oil rub is often given in winter after a Turkish both instead of an alcohol rub. The absorption of of an alcohol rub. The absorption of the oil after the bath is beneficial to thin percens and also lessens the danger of getting Affiliads on going out into the cold one is shall be glad to send you my dictary for gaining flesh if you will send me a stamped, ad-

Fasting Not Starvation By William Brady M. D.

ordinary individual that there is no danger in a twenty-four-hour fast occasionally. It is even difficult to make some doctors realize that fasting is not starvation. Indeed, we regret to note, some of the aminent advocates of fasting as a treatment for diabotes persist in speaking of "starving" the patient, when, or ourse they don't mean any thing of the kind. When one fasts, one countries outs to take food with

Horse Show Fashions

Real Study of Latest Fashions in New York.

By Germaine Gautier.

The horse show is once more offering opportunity for the study at close range of fashions and people about which one hears and reads much, but with which the workaday mortal does not often come in actual contact.

According to individual preferences, wardrobe on extremely simple lines, on the gracious effects of the demi-cos-tume, or full evening regalia. These distinct sartorial types are displayed in all their marvelous variety and in-finite charm at the horse show—the morning for the tailor-made girl, the afternoon for the woman who ad-mires the demi-taileur, and the even-ing for the woman who spends her



The model of this habit, designed for the equestrienne, is of black velvet, with white kid collar and cuffs and white kid piping on slashed pockets. The hat is of bott sitk heaver. Soft less righter house, which has been supplied to the collar bott with the beauty which heaver.

To-Day and To-Night in Richmond

Board of Police Commissioners, Police Headquarters, 8 o'clock. Bijou—Dorothy Mortimer Com-pany, in 'Her Husbund's Wife," 8:30. Strand—Grayee Scott Company, in "Polly of the Circus," 8:30.
Lyric—Popular vaudeville and pictures; matinee, 31 night, 7:30

and 9. Little—Paramount pictures; con-

Little—Paramount pictures; continuous performance.
Colonial—Motion pictures; continuous performance.
Lish—Motion pictures; continuous performance.
Superior—Motion pictures; continuous performance.
New—Motion pictures; continuous performance.



Another the properties of the section of the sectio

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MINIATURE ALMANAC. to the knee. There are wide pocket flaps and narrow turned. Sun sets. 4:58 Evening. 12:19 urbane, the min all German friend, at any reservation of the sets. 4:58 Evening. 12:19 in all his life.

with a single button. than that it is elegant and in good. A white pique soft taste.

greatest amount of time and money on gain garments.

Brevity of skirt and mare of jacket are dominant characteristics. Even the fur jacket has taken on umbrella lines and is associated with a skirt of the control of

GERMANY MOST CORDIAL TO U.S. NEWSPAPER MEN

Vast Difference Between Their Treatment in Kaiser's Empire and in Great Britain.

SHORT STORY OF COMPARISONS

American -Citizen From West Strictly, Honestly Neutral, After Several Months in Europe, Grows

Official Germany is even a happier thing for these correspondents. Take the censorship for example. In Dertin gets by the censor (who has a sense of humor.) lin the censor is a real, living, approachable human being. Perhaps he has cut something out of your dispatch WHILE IN GER

han that it is elegant and in good aste.

Generally speaking, this means that it is velvets, beautiful wool velours, tristocratic broadcloths and novelty weaves are being exploited in small is suggested to so that the man it is suggested to so that almost mad. Pleture postering a human vises on his passport seemed a shocking thing, to judge by the expression on the subaltern's face.

His statement that he was a work-ing newspaper man only added to his undesirability. His baggage was over-than the post of the man it is suggested to so that almost mad. Pleture postering a human vises on his passport seemed a shocking thing, to judge by the expression on the subaltern's face.

His statement that he was a work-ing newspaper man only added to his undesirability. His baggage was over-than the province of the A white place soft stock, laced boots and leather putters are the proper accessories, and the final fouch is given by a low-crowned derby of gray felt.

A white place soft stock, laced boots and low-crowned derby of gray felt.

Generally speaking, this means that rich velvets, beautiful wool velours, and novelty was well as connected in no known way with the government. But he is the man it is suggested to you that you see—if anything is wrong and grament is as often as not made in princess style. Long sleeves are consorted with V shaped necks for afternoon wear, and always there is the scarf of fur or the fur edged neckpiece of velvet or satin.

A white place boots

Generally speaking, this means that rich velvets, beautiful wool velours, and novelty way with the government. But he is the man it is suggested to you that the man it is suggested to you that you see—if anything is wrong and grow see—if anything is wrong and grow stream to the man it is suggested to you that the grow the man it is suggested to you that the grow the man it is suggested to you that the grow the man it is suggested to you that the grow the man it is suggested to you that the grow the is the man it is suggested to you that the is always the is a chance of its being hit is travels, were strewn about over a large part of the dock.

And then followed a verbal examination in which the young officer seemed bent on finding out all my friend had learned in Germany. Final-learned in Germany Final-learned in Germany Final-learned in Germany Final-le

been known to dispute that the complaints of skirt and flare of jacket dominant characteristics. Even ur jacket has taken on umbrella and is associated with a skirt of tor with one showing velvet and stripes.

To my friends this gentleman made a most amusing admission one day.

"You know," he said, "Germany prepared a long time for this way. She believed sincerely she had overlooked nothing. And yet we all did overlooked nothing—you newspaper men. We

mistake—the only one I know that was made. Of course we did our best to ner that night. The offense was rectly it when we found that the "squared"—but my friend was a trifle

night a carefully written made by these servants of all convermade by these servants of all conversations in English they have overheard—does not seem to dim the joy of
living in Berlin, insofar as the newsnamer men are concerned.

The propaganda cannot be correspondents in Berlin write as frankly hostile matter as do American correspondents in London—the only difference being that more of the stuff from Berheing that more of the stuff from Ber-

has cut something out of your dispatch and your office has registered a protest. Your course—in Berlin—is absurdly simply. You go direct to the man who is the censor—there is only one man who holds this job in Berlin—and you sit down beside him and ask him why he cut out the phrase in question.

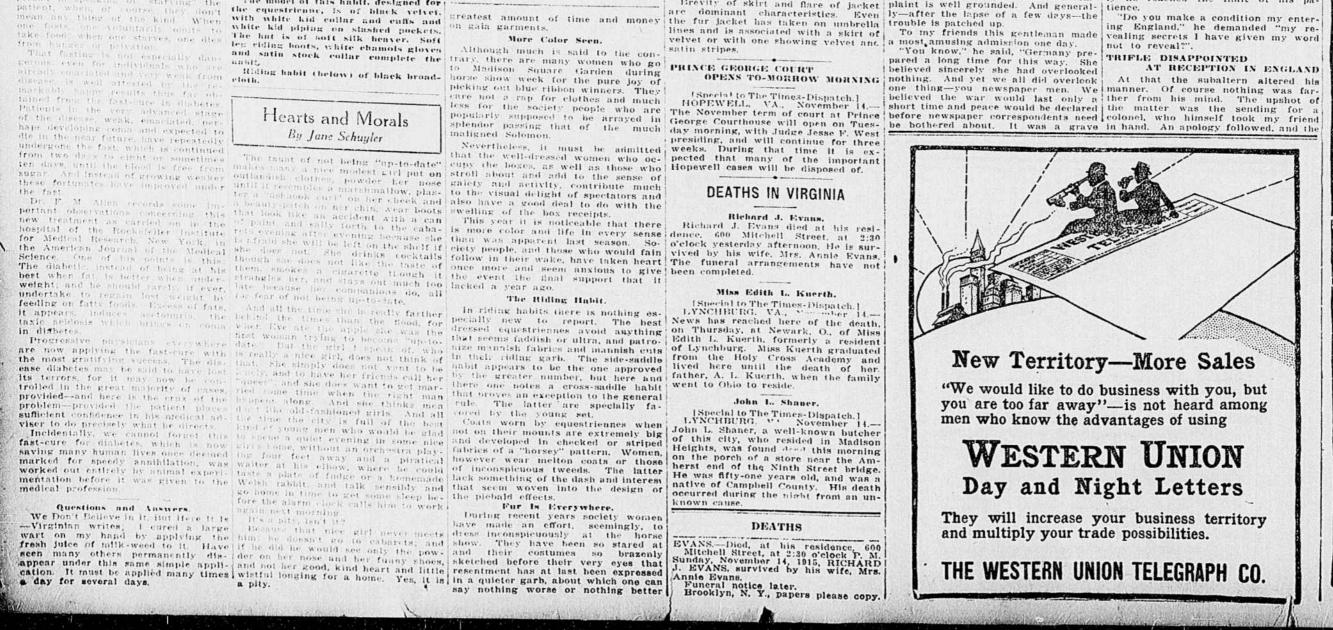
And—what is distinctly more to the point—he not only tells you why: but he comes pretty close to proving he was justified in doing it. In the infrequent event of your being dissatisfied with his painstaking explanation you are not yet at the end of your resources. You take yourself promptly to the official Weep-on-My-Shoulder.

This gentleman is probably the most suave, the most diplomatic, the most urbane, the most diplomatic, the most urbane, the most southing gentleman WHILE IN GERMANY

This gentleman is probably the most suave, the most diplomatic, the most urbane, the most soothing gentleman in all Germany. According to my friend, at any rate, he is the most perfect specimen of the kind he ever saw in all his life.

steamer landed. The same credentials which had borne him along like a crown prince on a joy ride—in Germany—seemed to mean nothing at all to the young subaltern in charge of the military at Tilbury. The many German vises on his passport seemed a checking thing, to judge by the ex-

"Do you make a condition my entering England," he demanded "my re-vealing secrets I have given my word



rectify it when we found that the American newspaper man is a distinct problem and a very live one."

From all accounts the Germans developed in short order an organization for handling this "problem" as admirably as every other department of the war machine handles its own problem. Excepting only Zeppelins my friend saw everything there was to see—so far as the German fighting machine is concerned. Many things he saw only after he had given his word of honor not to write about them.

Their implicit trust in him, he says, was one of the outstanding features of their attitude. His spoken word was sufficient guarantee to enable him to witness all manner of constructive work in mounting shows to see and expending the first the summary of the government offices, but it would really be much easier to take a taxical.



A Few Hours Real Pleasure in the Evening

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